

Wellness Bulletin

May 2011

Upcoming Events

- May 4th** ***Surviving & Thriving During Turbulent Times Workshop***
9 am – 11 am
Division of Juvenile Justice, HQ
4241 Williamsbough
Sacramento, CA 95823
- May 16th** ***Surviving & Thriving During Turbulent Times Workshop***
10 am – 12 pm
3 pm – 5 pm
Richard A. McGee, CTC
9850 Twin Cities Road
Galt, CA 95632
- May 19th** ***Surviving & Thriving During Turbulent Times Workshop***
10 am – 12 pm
1 pm – 3 pm
10000 Goethe Road, Mt. Diablo Room
Sacramento, CA 95827
- May 20th** ***Surviving & Thriving During Turbulent Times Workshop***
8 am – 10 am
1 pm – 3 pm
Richard A. McGee, CTC
9850 Twin Cities Road
Galt, CA 95632

All workshops are seated
on a first come, first seated basis.

Please receive approval
from your supervisor to attend

For more information,
visit the Intranet (under *Coming Events*):

<http://intranet/Pages/Default.aspx>

CDCR Blood Drive

1515 S Street, Kern/Colorado Room



May 18th
8:30 am – 2:30 pm



**All donors will be entered into a
weekly drawing for a chance to win a
\$250 gas card**

For more information or to schedule a
blood drive appointment, please contact
Rosanna Rodriguez at 916-327-7082 or
Rosanna.Rodriguez@cdcr.ca.gov

Weight Watchers At Work



FREE Open House Meeting

12:00 – 12:30 Tuesday, June 7th
1515 S Street, Room 110-South

Get inspired, get motivated, and get ready for
summer! Come to a FREE Open House meeting
to learn more about the new Points Plus program.

Eating what you love makes for a weight loss plan
you can stick with. On the Points Plus program
you can eat anything you like as long as you stay
within a daily Points Plus target, and there's still
plenty of room for treats and extras.

Join us for the Open House meeting, and get
started TODAY!

For more information or to coordinate an
At Work session, please contact
Michelle Brooks at (916) 323-2131 or
Michelle.Brooks@cdcr.ca.gov



Your Health Tips **The Best Workouts for Every Mood**

Beat a bad mood (or make the most of a good one) with an exercise routine tailored to how you feel

1. **When you're feeling stressed out** – Try swimming. There's something about the water that's very soothing.
2. **When you're feeling sad** – Try a scenic walk. Aim to do something rather than nothing – even a 10 minute walk has been shown to release mood-lifting endorphins.
3. **When you're feeling angry** – Try kick-boxing or strength training. The combination of physically pushing yourself while mentally focusing on the workout lets you blow off steam in a productive way.
4. **When you're feeling happy** – Try urban rebounding. These are classes that involve jumping on a trampoline while doing full-body toning and conditioning. If bouncing around isn't your thing, that's okay just try another class. It doesn't matter what you do as long as you harness your top-of-the-world mood by doing something you never thought you could.
5. **When you're feeling lonely** – There's nothing like endorphins from a good workout to spark conversation and build new friendships. Most exercise groups welcome newcomers, so don't be shy!

Provided by msnbc.com

Sacramento TMA Commuter Club Emergency Ride Home Program



What? Commuter Club is an online program that provides commute information (available carpool/vanpool seats), weekly drawings, and offers an emergency ride home program to those who commute to work!

Who? This program is available to CDCR employees who work in the Sacramento/Rancho Cordova locations. All guidelines are set forth by Sac TMA.

How? Register online and create an account at:
<http://sacregioncommuterclub.org/>
It's quick and easy, and will only take 2 minutes to register.

Questions? Contact Rosanna Rodriguez at
916-327-7082 or Rosanna.Rodriguez@cdcr.ca.gov

EAP Highlight

EAP now offers Interactive E-learning Programs!



MHN is building a suite of interactive e-learning programs expressly for members. These programs are packed with strategies and tips you can use right away. Try these programs today!

Strategies for Uncertain Financial Times – Learn how you can better manage money matters even during difficult times, and how you can reduce money-related stress.

Readiness for Healthy Change – If you want to make healthy lifestyle changes but never seem to be able to stick with a plan, this course is for you. Learn how to achieve your health and wellness goals, and maintain healthier habits for life.

Call EAP at 1-866-327-4762
Available 24 hours a day, 7 days a week

Or visit: eap4soc.mhn.com
and register with access code: soc